



Take the Eat Local Challenge

Below is an example of a weekly diet of mainly local ingredients. All these ingredients can be found from local farms or at farmers markets or grocery stores. These are merely suggestions and do not reflect any dietary guidelines. You can eat locally in many different ways. You are only limited by your imagination.

For recipes and more information about Puget Sound Fresh visit www.pugetsoundfresh.org

<p style="text-align: center;"><u>Day 1</u></p> <p>Breakfast: PSF omelet with local cheese, mushrooms, green onions Fresh-baked local whole grain bread, with local butter Fresh local berries</p> <p>Lunch: Sliced fresh veggies (cucumbers, carrots, broccoli) with ranch dip Sandwich with whole grain bread, sliced local chicken and local lettuce Crisp local apple</p> <p>Dinner: Mixed local greens salad with fresh-made tomato vinaigrette, cucumbers, green onions and other veggies as desired Garlic roasted baby potatoes and grilled or roasted local organic pork chop with local applesauce</p>	<p style="text-align: center;"><u>Day 2</u></p> <p>Breakfast: Fresh apple juice Best blueberry muffins</p> <p>Lunch: Colorful coleslaw with fresh garlic and herbs Local salmon burger with local lettuce on whole wheat bun Fresh, ripe plums</p> <p>Dinner: Mixed local greens with favorite dressing Roasted local chicken Grilled fresh veggies - green beans, peppers and squash Berry cobbler with local ice cream</p>
<p style="text-align: center;"><u>Day 3</u></p> <p>Breakfast: Local yogurt with fresh berries (your favorites) and granola Fresh apple juice</p> <p>Lunch: Grilled veggie sandwich - peppers, onions, mushrooms Sliced cold vegetables: carrots, tomatoes, cucumbers, celery Fresh berries and local ice cream</p> <p>Dinner: Organic beef sautéed with onions, peppers and spinach Fresh mixed greens with dressing and extra veggies sliced on top Cheesecake made from local cheese</p>	<p style="text-align: center;"><u>Day 4</u></p> <p>Breakfast: Muffins made with currents and huckleberries Fresh apple cider</p> <p>Lunch: Tossed mixed greens with Japanese steamed manila clams Apple pie</p> <p>Dinner: Grilled locally-caught salmon Mixed vegetables- broccoli, beans and cauliflower baked with local cheese and mushrooms Strawberry Shortcake</p>

<p style="text-align: center;"><u>Day 5</u></p> <p>Breakfast: Oyster Bill's Hangtown Fry Frittata Fresh apple cider Fresh-baked whole grain bread with butter</p> <p>Lunch: Fresh garden salad - mixed greens, peppers, spinach, tomatoes, cabbage and cucumbers Pear tart</p> <p>Dinner: Cioppino with local clams, mussels, salmon and crab Crusty whole grain locally-baked bread Fresh berries, apples and local organic cheeses</p>	<p style="text-align: center;"><u>Day 6</u></p> <p>Breakfast: Blueberry/Raspberry scones Fresh apple cider</p> <p>Lunch: Roasted Tomato Soup Mixed greens salad Sliced apples and cheeses</p> <p>Dinner: Grilled chicken breasts with teriyaki sauce Sauteéd Asian veggies: kohlrabi, bok choy, celery, onions Rhubarb crisp</p>
<p style="text-align: center;"><u>Day 7</u></p> <p>Breakfast: Veggie omelet - with zucchini, mushrooms, onions and tomatoes Fresh apple cider</p> <p>Lunch: Fruit salad, with berries, pears, apples and currents Fresh sliced whole grain bread with raspberry jam</p> <p>Dinner: Grilled locally-raised pork sausages Potato salad, farmers market style Sliced fresh veggies - carrots, celery, cauliflower, broccoli Apple/Pear Tart with local ice cream</p>	

Puget Sound Fresh is a program of the



Cascade Harvest Coalition
www.cascadeharvest.org.

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King County
<http://metrokc.gov>



Snohomish County
<http://www1.co.snohomish.wa.us/>